

THE Spacemaker

NEWSLETTER



VOL. 1, No. 10

McClellan Air Force Base, CALIF. (<http://www.mcclellan.af.mil/PA/spacemaker.html>)

MARCH 16, 2000

TAKE NOTE

SMSgt. selectees

Congratulations to the following McClellan senior master sergeant selectees: Daniel Cormier and James Faulkner, 938th Engineering Installation Squadron; Beverly Weiser, 77th Air Base Wing; Michael Helms, 77th Communications Squadron; Marvin Thomas, 77th Medical Group and Wendy Jones, 652nd Combat Logistics Support Squadron.

Hail and Farewell Wednesday

The next Officer Hail and Farewell is Wednesday 3 p.m. at Club McClellan. This will be Brig. Gen. Mike Wiedemer's last Hail and Farewell so join us as we bid him farewell. Commanders or directors desiring podium time, call Capt. Jay Galbreath at 643-0077 by Monday.

ALS graduation Friday

The final Airman Leadership School class graduates Friday, 9 a.m. at the community center. Duty uniform is appropriate. For more information, call 643-5879.

SNEAK PEEK

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"Completing the mission of McClellan Air Force Base with professionalism and honor"



U.S. Air Force photos by Alica Doyle

(insert) Mike Anderson, deputy comptroller, turns off the power switch on the Automated Budget Analysis Centralized User Software system March 3. The system shutdown screen was displayed for the first time in five years.

Plug pulled on ABACUS

By Alica Doyle

Staff writer

In a step toward the impending closure of McClellan, the Automated Budget Analysis Centralized User Software system was shut down in a funeral-like ceremony March 3.

The ABACUS program has been used by the air logistics centers within Air Force Materiel Command since 1993 to input annual budget information in a standardized format for submission to the command.

Synergy, Inc. was hired to develop, install, and maintain the program, with McClellan computer specialists, like Janice Theep, Industrial Fund Management Branch, maintaining upgrades and the general health of the system.

Theep commented on her role in ABACUS by stating, "I love my job as a programmer and I've enjoyed working with the ABACUS system and the people involved."

Since Theep is a computer specialist, as opposed to a budget analyst, she added, "I also learned way more than I needed to know about our budget process, but it was fun."

For the last five years, the ABACUS computer has sported a sign bearing the words "Do Not Turn Off." The funeral began with the removal of that sign, and the shutdown procedure was initiated.

In a peculiar twist to the ceremony, and perhaps a testament to the tenacity of McClellan and its people, the computer refused to shut down. The procedure was repeated, and the "shutdown" screen appeared on cue; but still offered the user the opportunity to "restart."

Once shutdown was complete, Mike Anderson, deputy comptroller and Mike Grubbs of the Comptroller Directorate unplugged the hardware, and the entire system was enshrouded in a black "burial" cloth.

The ceremony was followed by a reception, complete with a black "RIP ABACUS" cake and Grateful Dead® napkins.

Anderson remarked on the celebratory atmosphere surrounding the closure milestone, "This is another example of the grace and positive attitude of Team McClellan as it progresses toward a closure we may not want, but are determined to effect professionally and honorably."

Action Line

643-3344

Action Line

77 ABW/CC

5241 Arnold Ave.

McClellan AFB, CA

95652-1086

77abw.actionline@mcclellan.af.mil



Base Phone Numbers

AAFES.....	920-0537
Civilian Pay.....	643-6727
Civil Engineering.....	643-5624
Civilian Personnel.....	643-5838
Commissary.....	643-4954
Base Police.....	643-6161
Family Support.....	643-1106
Focus Center #1.....	643-5661
Fraud, Waste & Abuse.....	643-6000
Housing.....	643-6221
Legal.....	643-3150
Lodging.....	643-6223
Medical Appointments.....	643-8400
After Hours.....	643-7212
TRICARE Service Center.(800) 242-6788	
Military Equal Opportunity.....	643-3322
Military Pay.....	643-6965
Military Personnel.....	643-1094
Public Affairs.....	643-6127
Retiree Activities.....	643-2207
Security Forces.....	643-6160
Services.....	643-6660

Substance abuse warnings

Q Every year we have gone through a flurry of substance abuse warnings during the holiday period, usually November through the beginning of January. This is well and good, but shouldn't this "awareness" be a year-round thing? I know we have targeted the holidays because people tend to over indulge more then. But I would think the signs that go up are valid all year long, and should stay up to remind folks they shouldn't drink and drive ... no matter what time of the year it is.

A While we do tend to increase our focus for driving while intoxicated prevention during the holiday season, it is not the only time of the year to publicize this message.

The McClellan Air Force Base Substance Abuse Program has made it a point to stress the needless tragedy of receiving a DWI at any time of the year.

The primary reason for such a push over the holiday season is that nationally the DWI arrests, accidents and deaths increase exponentially during this time of year. We have made it a point to stress the "Don't Drink and Drive" message and have seen positive results as an outcome. We certainly believe this message should be broadcasted in a variety of ways in order to underscore its importance.

The Substance Abuse staff continues to make itself available to brief at commanders calls, safety briefings and anywhere this message can be conveyed. You can set up such a briefing by calling 643-8308.

New savings bonds offered

DENVER — The Defense Finance and Accounting Service began offering the new Series I savings bonds, along with the existing Series EE savings bonds, to civilian employees March 1, through the voluntary payroll savings plan. Active duty and retired military members will be able to purchase the I bonds beginning April 1.

The new bonds will be sold at face value (you pay \$50 for a \$50 bond) and will be offered in \$50, \$75, \$100, \$200, \$500 and \$1,000 denominations.

The I bonds were created by the Department of the Treasury to provide Americans an opportunity to protect the purchase power of their savings from inflation.

Investors are being offered a bond with a fixed rate, combined with semiannual inflation adjustments, which will help protect purchasing power.

The I bonds are an accrual type security, meaning earnings are added to the bond each month and interest is paid when the bond is cashed. The I bonds will grow in value with inflation-indexed earnings for up to 30 years.

The EE bonds are Treasury securities, and interest is added to the redemption value every six months and paid to the investor when the bond is redeemed.

The purchase price of an EE Bond is 50 percent face value (a \$100 bond costs \$50) and is offered in \$100, \$200, \$500 and \$1,000 denominations.

SPACEMAKER

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Spacemaker.html

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Air Force Vision

"Air Force people building the world's most respected air and space force ... global power and reach for America"

Air Force Materiel Command Vision

"Quality Systems for America's Air Force"

Sacramento Air Logistics Center Vision

"Completing the mission of McClellan AFB with professionalism and honor"

Hail to McClellan's newest chiefs

By Alica Doyle
Staff Writer

In a ceremony Friday evening, the McClellan Chiefs' Group will induct its newest chief master sergeants.

Since they were first sewn on the Air Force uniform Dec. 1, 1959, the chief master sergeant chevrons have signified the highest level of commitment to the nation, the Air Force, and its enlisted members.

"Chiefs" comprise only 1 percent of the total enlisted force and are charged with setting a standard of duty, honor and integrity for all other ranks to follow.

Senior Master Sergeant John J. LaForgia, 77th Medical Group, has served as the group's superintendent since October 1998. He earned both the John Levitow and Academic Achievement Awards from the Noncommissioned Officer Leadership School. LaForgia's induction signifies his accession to the Air Force's highest enlisted rank.

Also, during Friday's ceremony, the status

of honorary chief master sergeant will be conferred upon **Brig. Gen. Michael P. Wiedemer**, commander, Sacramento Air Logistics Center.

Wiedemer has served as the center's commander since August 1998, and its vice commander since January 1997.

The honor to be bestowed upon him is in recognition of his unfailing support of enlisted programs throughout his career.

At McClellan, he is credited with taking a personal interest in the well being of all enlisted personnel assigned to the center.

"It is absolutely the greatest honor to be included in the ranks of a group of individuals who have shaped our enlisted force into what is widely recognized as the greatest positive influence on the course of 20th century his-



LaForgia

Wiedemer

tory," said Wiedemer.

The ceremony will be held at the McClellan Community Center with social hour at 6 p.m. and dinner following at 6:30 p.m.

The Child Development Center will provide free childcare for attendees E-5 and below.

AROUND THE AIR FORCE

SMSgt. promotion selectees

RANDOLPH AIR FORCE BASE, Texas — The Air Force released its list of the newest senior master sergeant selectees recently. Beginning April 1 and over the course of the next year, 1,405 individuals out of 17, 812 eligibles will pin on their new stripes. This represents a selection rate of 7.89 percent, a slight decrease from last year's promotion rate of 7.98 percent. To view this story in its entirety, visit www.af.mil and click on the news icon. (AFPCNS)

IMA: Another way to serve

TRAVIS AIR FORCE BASE, Calif. — IMAs, short for individual mobilization augmentees, are part of Air Force Reserve, yet serve in a very different capacity than their counterparts assigned to Air Force Reserve Command units. They make up one of the most flexible and cost-effective elements of the Total Force and are the closest Reserve link with the ac-

tive force. They are usually assigned to active-duty units and function as a total force multiplier to augment the active force in war, contingency operations and peacetime. Like unit reservists, IMAs are the first-line back up for the active-duty Air Force, but more and more, they are fulfilling their share of deployments in peacetime as well. To view this story in its entirety, visit www.af.mil and click on the news icon. (AFRCNS)

TRICARE demonstration begins

AURORA, Colo. — The TRICARE Senior Supplement Demonstration has begun for military Medicare-eligible beneficiaries age 65 and older who reside within designated ZIP codes in specified areas near Santa Clara, Calif., and Cherokee, Texas. The enrollment period began March 1 with coverage beginning April 1. The demonstration is scheduled to end Dec. 31, 2002. Customer service representatives are available at a toll-free number, 1-877-DOD-TSSD (1-877-363-8773), Monday through Friday, 8 a.m. to 5

p.m. CST, to answer questions on eligibility, enrollment, benefits and other aspects of the demonstration program. Information is also available by visiting the TSSD Web site. To view this story visit www.af.mil and click on the news icon. (AFPN)

Force structure changes

WASHINGTON — Air Force officials have announced proposed changes in force structure affecting the locations of people, aircraft and organizations across the United States. These changes result from mission changes, adjustments for efficiency, congressional directives and implementation of the expeditionary aerospace force concept. Before making final decisions concerning the major movement of forces, the Air Force will conduct appropriate environmental analyses and ensure compliance with Clean Air Act provisions. To view this story in its entirety, visit www.af.mil and click on the news icon. (AFPN)

Changes effect officers meeting selection boards

WASHINGTON — Air Force officers competing for promotion on Central Selection Boards offering a 100 percent promotion rate will soon see a policy change in the selection process.

Promotion Recommendation Forms will now be required on officers who receive a "Promote" recommendation but have derogatory information in their officer selection record. Derogatory information may include an Article 15, court-martial, referral report or letter of reprimand. Officers who re-

ceive a "Do Not Promote" recommendation will still be required to receive a PRF.

This policy change takes effect with the Sept. 18 Captain board for Judge Advocate General, Medical Service Corp, Nurse Corp, and Biomedical Service Corp.

When the officer evaluation system was enacted in 1988, all officers competing for captain received a PRF. In 1995, the process was streamlined for 100 percent promotion rate to require a PRF only for those officers who receive a "Do Not Promote" recommen-

dation.

Since that change, personnel officials have received feedback from promotion board members indicating it would have been helpful to have a PRF as additional documentation to consider for those officers who have derogatory information in their selection record, yet are being recommended for promotion.

This feedback from promotion board members led personnel officials to review and eventually change the policy. (AFPN)

NEWS BRIEFS

Munitions area closed

The Munitions Storage Area will be closed Monday through March 24. Only emergency issues approved by commanders are accepted. For more information, call 643-1471.

CGOC Golf Spring Fling

The Company Grade Officer Council's Golf Spring Fling is set for March 24 with a 9:30 a.m. shotgun start at Lawrence Links Golf Course. Cost per team is \$30 plus green fees. For more information, call 2nd Lt. Andrew Meek at 643-5132 or e-mail at andrew.meek@mcclellan.af.mil.

Clinic closed March 30

The McClellan Clinic will close March 30, at noon for annual training. For emergencies, call 911 immediately. For urgent care, dial 643-7212 and select option #4 (care after duty hours) and follow the instructions. The clinic will resume normal hours, 7:30 a.m. to 4:30 p.m. March 31. For more information, call the Business Operations Flight at 643-8055.

Uniforms needed for collection

The McClellan Aviation Museum is looking for the following items to add to their uniform collection: Current officer's service uniform - male and female; pre-retrofit officer's service uniform, with rank stripes; current enlisted service uniform - male and female; current collar and cap insignias, shiny; current chevrons - male and female; blue mess dress - male and female; shoulder boards, blue mess dress; BDUs; specialty badges - metal - all; caps, flight and service - male and female.

All donations will remain in the Museum collection.

The Museum will remain open to the public after base closure, and will provide the only Air Force history presentation in the greater Sacramento area. For more information, call Bill Dooner at 643-3192, mornings.

Prostate health presentation

"Prostate Health: What You Need to Know" will be a special presentation by Foundation Health Federal Services at the Health and

Wellness Center April 6 from noon to 1:30 p.m. Topics to be discussed include risk factors, screenings and treatments. For more information or to register, call the HAWC at 643-4648.

NCOA scholarship deadline approaches

The Noncommissioned Officers Association offers 18 academic and four vocational awards to children of members; and nine academic and one vocational award to spouses of members at \$900 each. Three special grants, at \$1,000 each, are awarded each year - the Mary Barraco Scholarship presented to the student submitting the best essay on Americanism, the William T. Green Scholarship presented to the student with the best high school academic record, and the NCOA and Pentagon Federal Credit Union Grant. Deadline for submission is March 31. For more information, call Chief Master Sgt. Jim Sullivan at 643-6808 or Master Sgt. Gary Chase at 643-6259.

Bazaar donations being accepted

The Spirit of Sacramento Noncommissioned Officers Association Auxiliary is hosting their fourth annual bazaar to raise funds for the Disaster Relief Fund and other base and community activities. The bazaar will be held June 3 from 8 a.m. to 4 p.m. at the North Highlands Community Center parking lot, 6040 Watt Ave., North Highlands. Donations of clothing, shoes, games, exercise and sports equipment, furniture, appliances, knick-knacks, dishes, tools and more are now being accepted. For more information or to arrange for pickup or drop-off, call Tammy Sullivan at 568-4123, Chief Master Sgt. Jim Sullivan at 643-6808 or send an e-mail: JSULLIVAN99@prodigy.net. All donations are greatly appreciated.

Unit Patches wanted

The Air Force Research Laboratory, Hanscom Air Force Base, Mass., is looking for any command, unit, mission, career or other military related patches. If interested in donating or swapping patches, contact Tech. Sgt. Joseph Arsenault at e-mail arsenaultj@plh.af.mil; at DSN 478-4824, Comm (781) 377-4824 or mail them to AFRL/VOSOR Attn:TSgt Arsenault, 29 Randolph Rd., Hanscom AFB, Mass. 01731-3010. If possible include a note explaining the location and facts about each patch.

Irish Soda Bread

To make one 8-inch round loaf, you will need:

4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 to 1/2 cups buttermilk

Preheat the oven to 425 degrees. Sift the flour, soda and salt together into a deep mixing bowl. Gradually add 1 cup of buttermilk, mixing with a large spoon until the dough is firm enough to be gathered into a large ball. If the dough crumbles, add more buttermilk, a tablespoon at a time until the dough gathers.

Place the dough on a lightly floured board, and pat and shape it into a flat, circular loaf about 8 inches in diameter and 1 1/2 inches thick. Set the loaf on a floured baking sheet. With the tip of a small knife, cut a 1/2 inch deep cross into the dough, dividing the top of the loaf into quarters.

Bake the bread in the middle of the oven for about 45 minutes, or until the top is golden brown. Remove from the oven and wrap in a clean cloth and let cool on a wire rack for about 20 minutes.

(Information provided by www.holidays.lovingyou.com)

St. Patty's Day dinner

Celebrate St. Patrick's Day Friday, 6-9 p.m. at Club McClellan and enjoy corned beef and cabbage, and Irish stew for \$7.95. To make reservations, call 643-3526.

■ Saint Patrick's Day -- More than shamrocks, pinching, Blarney Stones

More than four leaf clovers the Blarney Stone and pinching your pal because they're not wearing green, Saint Patrick's Day is full of history.

Patrick, which wasn't his name at birth but was given to him much later in life by Pope Celestine, was born Maewyn Succat. Patrick traveled widely, baptizing, confirming, preaching, building churches, schools, and monasteries. Patrick succeeded in converting almost the entire population of the island.

In the 5th century, the Ancient High Kings of Ireland were shown the mystery of the Holy Trinity by St. Patrick's use of the shamrock.

The three leaves represent the Father, Son, and Holy Ghost as one. For that reason the shamrock has a strong association with his day and name.



for the fairies of Ireland. Leprechauns are known to have short tempers and delight in mischievous pranks, and it is strongly advised not to awaken this side of a leprechaun if you come across one. They

Did you know?

Leprechauns are said to know where fortunes are hidden, and make shoes and other necessities

Patrick is considered a hero in Ireland and, in fact, there are about 60 churches and cathedrals named after him in Ireland alone. Patrick's mission in Ireland lasted for 30 years. He died at Saul, Downpatrick, Ireland on March 17 in AD 461.

This is the reason St. Patrick's Day is celebrated on the 17 of March. Patrick is the patron saint of Ireland.

The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston.

The Blarney Stone

The Blarney Stone is a stone set in the wall of the Blarney Castle tower in the Irish village of Blarney. Kissing the stone is supposed to bring the kisser the gift of persuasive eloquence (blarney).

It's hard to reach the stone ~ it's between the main castle wall and the parapet. Kissers have to lie on their back and bend backward (and downward), holding iron bars for support.

Tourists are still kissing the Blarney Stone today.

are often to be found where the rainbow ends, since this is the spot where full abundance can be found. While they appear to be the hoarders of the elfen world, often pictured huddled over a pot of gold, they have an uncanny way of making us release attachments to material possessions, treasure and gold. They can make it appear or disappear in the blink of an eye, and usually accompanied by a hearty laugh.

A wee bit O' Irish Trivia

- Who wrote Gulliver's Travels?
- How many Counties are there in Ireland?
- Name Ireland's recent President who became the U.N. Commissioner of Human Rights?
- Name Ireland's longest river?
- Who founded Dublin in 988 A.D.?
- What is Ireland's official color?
- On what days are pubs closed in Ireland?



Answers: Jonathan Swift, who was born in Dublin; 32 in the Republic and 6 in Northern Ireland; Mary Robinson; The River Shannon; The Vikings; Green; Good Friday and Christmas Day (Compiled by the Spacemaker Staff)

AFPC launches updated Web site

RANDOLPH AIR FORCE BASE, Texas — The Air Force Personnel Center recently launched its updated, user-friendly Web site.

The Web site is faster loading, easier to navigate and more customer-friendly to those outside the personnel arena.

The revamped site includes the same information as the previous site, however, it is less cluttered with information now categorized under officer, enlisted, civilian and retiree links.

All links previously listed down the side of the front page can now be found under the site map. An added feature is the "Career Corner."

For more information about AFPC's new Web site, visit www.afpc.randolph.af.mil. (AFNS)

Hill AFB opens Greenborder announcements

Hill Air Force Base Operating Location is opening a Greenborder Announcement for various general schedule and wage grade positions identified on the announcement. This announcement is open through March 31.

Only career, career conditional and VRA employees working and serviced by McClellan Air Force Base, are eligible to apply. Selection of employees will require a signed relocation and mobility agreement.

AFLC Form 4999 may be picked up in the FOCUS Center or at the reception desk in Bldg. 10.

FOCUS CENTER

This section contains some of the job announcements available at the McClellan Air Force Base FOCUS Center. For additional information, contact the FOCUS Center, Bldg. 9, at 643-5661. The center is open until 7 p.m. Thursdays.

Position: Auditor, GS-511-12

Annc#: ED9-00-03

Close: March 22

Location: Sacramento, CA

Agency: Dept of Education

POC: Sharon Wysinger (415) 556-4125

Remarks: See note.

Position: Engineering Operator, WG-5716-10

Annc#: R506-014-00D

Close: March 17

Location: Susanville, CA

Agency: Forest Service

POC: Joleen Robles (530) 252-6603

Remarks: See note.

Position: Tool & Parts Attendant, WG-6904-05

Annc#: YOSE-00-18

Close: March 22

Location: Yosemite NP, CA

Agency: National Park Service

POC: Lynette Mangus (209) 370-1805

Remarks: See note.

Position: Personnel Assistant, GS-203-06/07

Annc#: IRS-WRSF-00-083

Close: March 20

Location: Oakland, CA

Agency: Internal Revenue Service

POC: Kelly Chrisentary (510) 637-4548

Remarks: See note.

Position: Electronics Technician, GS-856-11

Annc#: R506-012-00D

Close: March 17

Location: Susanville, CA

Agency: Forest Service

POC: Joleen Robles (530) 252-6603

Remarks: See note.

Position: Electronics Technician, GS-856-05/09

Annc#: R506-013-00D

Close: March 17

Location: Altruas, CA

Agency: Forest Service

POC: Joleen Robles (530) 252-6603

Remarks: See note.

Position: Budget Assistant, GS-561-07

Annc#: 00-234-ICP

Close: March 17

Location: Alameda, CA

Agency: US Coast Guard

POC: (800) 842-8740

Remarks: See note.

Position: Computer Specialist (Electronic System Analyst), GS-334-13 **OR** Electronics Technician, GS-856-12

Annc#: W/NWS/W/000217.JSM

Close: March 23

Location: Eureka, CA

Agency: Dept of Commerce

POC: (510) 637-4542

Remarks: See note.

Position: Contract Specialist, GS-1101-12/13

Annc#: 0091266

Close: March 17

Location: Oakland, CA **OR** San Diego, CA

Agency: General Services Administration

POC: William Harris (415) 522-2661

Remarks: See note.

Non Federal

Position: Utilities Field Services Serviceworker

Salary: \$2,010 - \$3,119 per month

Close: March 31

Location: Sacramento

Agency: City of Sacramento

POC: (916) 264-5726

Remarks: See note.

Position: Deputy City Clerk

Salary: \$1,692 - \$2,624 per month

Close: April 7

Location: Sacramento

Agency: City of Sacramento

POC: (916) 264-5726

Remarks: See note.

Position: Treatment Plant Mechanic

Salary: \$31,836 - \$38,868 annually

Close: March 24

Location: West Sacramento

Agency: City of West Sacramento

POC: (916) 373-5800

Remarks: See note.

NOTE

■ Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSAs and/or additional information.

Movies



Movies start at 7 p.m., unless otherwise noted, in Bldg. 1417. Movies are subject to change.

Cradle Will Rock - Friday

Starring: Hank Azaria, Bob Balaban

Based on true events, "Cradle Will Rock" relives an exciting and dangerous time in American history when individual courage stood in the face of censorship and artists risked their livelihood by performing shows and painting their canvases. As labor strikes break out throughout the country, New York city is alive with a burgeoning cultural revolution. (R - strong language and sexuality)

The Talented Mr. Ripley - Saturday and Sunday

Starring: Matt Damon, Gwyneth Paltrow

Absolutely enthralling character study of sociopath Tom Ripley and his life with rich expatriates Dickie Greenleaf and his girlfriend Marge in 1950s Italy. Tom is hired by Dickie's father to bring him back to New York -- but when Tom gets sucked into Dickie's glamorous, wealthy lifestyle, there is nothing he wouldn't do to hold on to what he has. Then, as the killings occur and Ripley's lies and crimes mount, the story follows him as he darts all across the country trying to stay one step ahead of the police and anyone else who might expose him. (R - violence, language and nudity)

Youth Center

■ **Today:** Open recreation, 2-6 p.m.; open gym, 2-3 p.m.; open snack bar, 2-6 p.m.; advanced gymnastics, 3:15-4:15 p.m.; Tae Bo Aerobics, 6:15-7:15 p.m., ages 11 and up, free. Moms, Pops, and Tots, 10-11 a.m.

■ **Friday:** Open recreation, 2-6 p.m.; open snack bar 2-6 p.m.; open gym, 2-6 p.m.; St Patrick's Day Dance, ages 9-12 from 6-8 p.m. and ages 13-18 from 8-10 p.m., members \$2, nonmembers \$4.

■ **Saturday:** Open recreation and snack bar from noon to 5 p.m. Basketball games begin at 10 a.m.

■ **Sunday:** Closed

■ **Monday:** Open recreation, gym and snack bar, 2-6 p.m.

■ **Tuesday:** Open recreation, 2-6 p.m.; open gym, 4:15-6 p.m.; open snack bar, 2-6 p.m.; beginning gymnastics, 3:15-4:15 p.m.

■ **Wednesday:** Open recreation, 2-6 p.m.; open gym, 2-5:15 p.m.; open snack bar, 2-6 p.m.; beginning dance lessons, 5:30-6:30 p.m. Office hours are Monday-Friday, noon to 6 p.m.

High-protein diet controversy

By Capt. Donna Smith and
Master Sgt. Gregory Rash

Health and Wellness Center

The high-protein diet is sweeping the nation like wildfire. The diet has become so popular because of the lure of quick, dramatic weight loss while eating foods that are traditionally thought of as "forbidden." But, if you're on or considering one of these diets, you should know what some experts are saying.

The American College of Sports Medicine, together with the American Dietetic Association, has released a statement condemning these high-protein, low-carbohydrate diets for being unsafe and ineffective. Debbie Brown, a clinical nutrition specialist, said, "Nothing else puts a body into the starvation mode quite like these regimens."

By eating too few or no carbohydrates, the body first uses the carbohydrates it has stored in the liver and muscles (glycogen). Since glycogen holds as much as three times its weight in water, dieters will initially see a large drop in weight. But they must remember it is *water* weight. The glycogen will last only 12 to 48 hours.

Then the process of converting protein into energy begins. This is done by the liver and creates a by-product that the kidneys filter and flush away in extra urine output. This leads to more *water* weight loss. It's easy since the kidneys only need to put out an extra two cups of urine to lose a pound! But we must remember that the kidneys filter *toxins* and now, along with the liver, they're working much harder than they're designed to. Also, the overload of protein causes precious calcium to be lost in the urine. The excessive saturated fat in the diet can lead to clogged arteries, strokes, cancer and other diseases.

Part of the 'secret' of these diets is that they are very low calorie. In fact, they can be as low as 800 calories per day. At a calorie level that low, people will continue to see the numbers on their bathroom scales drop, but they are losing valuable calorie-burning tissue. That's because the body will have to cannibalize some of its own muscles and vital organs to sustain it.

Another common misconception is that more muscle will be built by eating more protein. In reality, it is exercise, strength training, a little protein, and *carbohydrates*, to

spare the protein from being torn down for energy that builds muscle.

One more concept being promoted is that by eating more fat, the body burns fat better. The truth is that carbohydrates in the diet, by protecting muscles from being torn down, ensure that fat is burned. Even temporary high-fat diets might put the heart in jeopardy. A recent study showed that even a single high-fat meal can impair blood flow to the heart and fill the bloodstream with fat for as many as four hours after the fatty meal.

What about the claims that carbohydrates make people fat by stimulating excess insulin, which then promotes more fat storage? Too much insulin has not been shown to cause obesity. The more overweight people become, the greater their chances of developing insulin resistance and eventually diabetes. Carbohydrates and insulin are not causing weight gain in America. The culprits are sedentary life styles and supersized appetites.

Carbohydrates are the body's main energy source and are needed to maintain heart, nerve and brain function. High-protein diets are sorely lacking in plant foods, vitamins, minerals, fiber and whole grains; all essential in the prevention of heart disease, cancer, and other chronic conditions. Years of research have shown diets rich in complex carbohydrates with less emphasis on protein and fat to be nutritionally superior and more ideal for preventing disease and optimizing health.

So what do you do if you're faced with the temptation of following a "too-good-to-be-true" diet? Evaluate it with healthy skepticism. Remember that the body cannot physically lose more than 1-2 pounds of fat in a week. If the diet promises a faster rate, you should ask yourself, "What, besides fat, am I losing?"

Another good question to ask, "Does this diet promote habits that I can follow for a lifetime or is it a temporary fix?" Only a reasonable reduction in calories, an increase in physical activity and adequate carbohydrates to spare muscle protein is the key to losing weight safely.

(Information source: Duyff, R. The American Dietetic Association's Complete Food and Nutrition Guide. Chronimed Publishing: Minneapolis, 1996.

Debbie Brown, RD, CD: "Planet of the Meatheads," *Today's Dietitian*, Vol 2, No 1. January 2000.)

CSAF details state of the Air Force at Air Warfare Symposium

ORLANDO, Fla. — Air Force Chief of Staff Gen. Michael E. Ryan gave a detailed look into the current state of the Air Force and upcoming changes at the Air Force Association's recent 16th annual Air Warfare Symposium.

The chief of staff said current readiness, manning and funding problems were directly related to decisions made after the Cold War. Those decisions, he said, are driving the changes he and other key Air Force leaders are making to the Air Force now and in the near future.

As he outlined policy decisions in several key areas, the general made it clear the Expeditionary Aerospace Force is the overall direction of the Air Force. "The centerpiece of the Air Force going into the 21st century is this EAF concept," he said.

Reflecting on a high operations tempo, parts shortages and recruiting problems that have directly affected the Air Force's mission capable rate, the chief said many outside factors also have impacted the current situation. "Coming out of the Cold War, we planned on being in about a dozen overseas bases, and that's what we funded," he said.

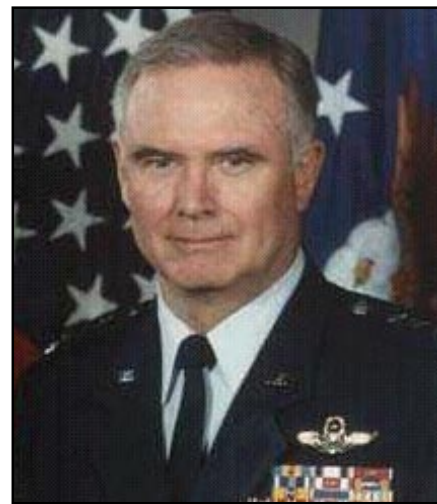
World events quickly changed that plan, leading to the Air Force being in about 21 overseas locations today.

"Two things happened," he said, "we went to the Gulf War and didn't come back, and we went to the Balkans in Operation Deliberate Force and then a bigger operation in the Balkans and ended up with 21 locations. We then closed Howard [Air Force Base, Panama] and opened a number of bases in the Caribbean."

The service chief also said parts and man-

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-- Gen. Michael E. Ryan
Air Force Chief of Staff



Gen. Michael E. Ryan

ning changes later proved to change the Air Force's readiness picture.

"We didn't realize how very small changes in funding, equipment and spare parts could affect the total force," he said.

While citing past decisions leading to the current state of the Air Force, the general also listed ongoing changes that have begun to show an improving situation.

Recent funding for spare parts has started to show some return, he said. "Funding parts requirements at 100 percent should soon show improvements in readiness."

The general also assured the audience that increases in pay for active-duty troops and for funding medical care for all Air Force people are going to continue.

"Having to compete in the best economy this nation has seen is a very different proposition for us right now," he said. "We've

worked very hard with the services, the President and Congress to present to our force the kind of pay and compensation that we feel will keep them."

The chief of staff said the recent pay raise is aimed at improving retention in all areas by at least 5 percentage points.

"We're about 5 percent below where we'd like to be in retention. We want 55 percent of our first term airmen to stay with us, 75 percent of our second term airmen and 95 percent of the third," he said. "But we could not continue to do this with this booming economy and this pay gap of 13 percent, which for the Air Force was probably even larger."

He said he strongly believed that delivering the goods in quality of life areas will turn around retention rates and help fill manpower shortages in the field. (AFNS)

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